



This flexible learning plan belongs to:

.....

FLO

A flexible learning and transition plan 2010

- When you have successfully completed it, you will get credit towards:
 - Task 1 of the Personal Learning Plan - SACE
 - your school subjects - SACSA

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Important information for case managers

Much of the flexible learning plan document is generic and suitable for young people aged 10 - 19 years.

Several pages have a work, leaving school and future independence focus which may be ignored for younger students or if desired, used in an age appropriate manner. For example with a focus on planning a successful transition to secondary school

Information

- This flexible learning plan is yours.
- It will take approximately two terms to complete.
- When you have successfully completed it, you will get credit towards:
 - Task 1 of the Personal Learning Plan - SACE
 - your school subjects - SACSA
- Your case manager will help you to work through this plan.
- Write, draw or graffiti your responses to the task when you see this sign



You can use a computer for all or some of your answers. Sometimes you will need to talk through your answers with your case manager or another adult.

- Your case manager will negotiate with you when to present your finished plan for marking. A teacher from your school will mark your plan.
- Your case manager will keep your flexible learning plan for you.

Remember

- This plan is yours.
- It is about you and for you.



- Think about other things you can add to this folder. For example, you may have a certificate or letter for playing sport or music at your local youth centre. Or you might find out about a job you like the sound of and put your notes in the folder.

Your skills



Think about your skills. Write and draw, cartoon, or graffiti.

Your case manager may be able to help you with some pictures. Check out the web or a computer if you can.

These are the skills I use when I am...	Write	Draw, cartoon or graffiti
getting on with a job		
getting on with others		
having fun		

You and success



Think about you. Write and draw, cartoon, or graffiti. Your case manager may be able to help you with some pictures. Check out the web or a computer if you can.

	Write	Draw, cartoon or graffiti
Things that I enjoy doing		
One thing I would like to achieve soon is		
My dream job/career would be		

More about success...

These are adults I know well who are successful:

They are successful because they: (tick the ones you agree with)

- ☐ get on well with others
- ☐ have a lot of friends
- ☐ have a lot of money
- ☐ are respected
- ☐ (add any more you can think of)

I would feel successful if I:



How do you learn?

Write your answers to the questions below. Talk to your case manager or teacher about who can help you.

I learn best when...	For example, when I: <ul style="list-style-type: none">• practice new things• watch others first and then try• read instructions
I don't learn well when...	For example, when: <ul style="list-style-type: none">• there's a lot of noise• it's too quiet• I can't practice new things• I can't talk about things
Things I'm good at are...	For example: <ul style="list-style-type: none">• fixing things• Xbox• explaining things to others• working in a team• sports
Things I want to improve are...	For example: <ul style="list-style-type: none">• concentrating• finishing things• reading• being on time• getting on with adults
Things I don't like are...	For example: <ul style="list-style-type: none">• getting too many orders• people who don't listen• exercise
Things I would like to do but have never done...	For example: <ul style="list-style-type: none">• bungy jumping• ice skating• getting a job

Don't know how you learn best? Talk with your case manager and have a look at these websites:

<http://www.learning-styles-online.com>

<http://www.calstatela.edu/faculty/jshindl/teaching/lstyle.htm>

Your support team



Sometimes things happen that you want to share with someone.

Who would you talk to if these things happened to you?

Would they be adults or kids of your age? Would they be in your family, community or school?

Remember it's good to have both adults and kids to help you through the good and the bad times.

If I...	I would talk to	Adult or kid?	Family, community or school?
had learnt a new skill or done something I was proud of			
got some really good feedback from my case manager			
had a fight with my best friend			
needed to talk about relationship worries			
was worried about my own health			
knew someone wanted to meet up with me for a fight			
was worried about a friend's drug taking			
was in trouble (like at home, with the law or at school)			
had personal problems			
had a great day at my work placement or school			
(Write in another situation)			



Working through problems

Read the table below and work with your case manager to think about how you behave when things go wrong. Remember there are a few different ways that we behave when we have problems—but they all have consequences!

If I...	Consequences—what might happen?		Do I do this?
	Good	Bad	
am angry	I might get what I want	I don't get what I want—others are angry and upset with me	
leave decisions to others	I may fluke what I want	I don't get what I want	
am fair and calm	I get what I want—everyone is happy	Nothing unhelpful happens for me	

Think of some situations where the consequences haven't been so good. Talk about them with your case manager.

More working through problems

Talk with your case manager or someone you trust about what you could do if you are feeling angry about a situation. What are some alternative ways to behave? Do you think the consequences would be different? Work with your case manager to write a plan for yourself.

Here are some ways to cool down before you get into an argument. Circle the ones you could do and add some of your own.

walk away	understand other's point of view
listen to some music	do some exercise
talk to someone outside the problem	listen to other ideas
practice saying what I want with someone	work out my best solution to the problem

Other ideas...

My plan

If I...	Consequences—what might happen?	
	Good	Bad



You and work

Think about what you like to do and what you may like to do in your job/career.

I like working:	Yes	No	Unsure
physically			
creatively			
with computers			
outside			
inside			
with people			
alone			
with people of my age			
with adults			
on my feet			
doing driving			
helping people (children older people, people with disabilities)			
for a big firm			
just with a boss			
with someone who tells me what to do			
with people who let me make some decisions			

I would like to:	Yes	No	Unsure
work just during the day			
work on weekends			
work just during the night			
do shift work			
work part time			
work casual hours (just when the boss calls me)			
travel in my job			

Live your dreams



Work with your case manager or an adult to fill out the spaces.

What do you like best about yourself? We all have things we are good at—these are your '**skills and strengths**'.

What are things you would like to change, make happen or be different in your life? These are your '**dreams and wishes**'.

What might prevent you from achieving your dreams and wishes? These are your '**obstacles**'.





How would you like to be in the future? This is your '**Future me**'

How can you use your skills and strengths to overcome your obstacles and achieve your dreams and wishes?

Skills and strengths	Dreams and wishes
For example: I'm good at working with plants	For example: I'd love to be a part time gardener
Obstacles	Future me
For example: I don't know how to get the training	For example: I'm going to find out, do the training and get a part time job.

Planning your future

Work with your case manager or someone from your support team to fill in the table. Fill out three things for each of the boxes and then use them to complete the next few pages.

	<p>What sort of life do I want?</p> <p><i>Social life, recreation, children</i></p>	<p>How will I live?</p> <p><i>Accommodation, transport, money, independence</i></p>	
<p>For example: I want to have more friends</p>		<p>I want to live in a flat with friends</p>	
	<p>What work will I do?</p> <p><i>Indoor, outdoor, alone, with people, flexible hours, location</i></p>	<p>What education and training do I need?</p> <p><i>Preparing for life + work after school</i></p>	
<p>For example: I want to work part time as a gardener</p>		<p>I want to do a TAFE course in horticulture</p>	
<ul style="list-style-type: none"> 		<ul style="list-style-type: none"> 	



What sort of life do I want?

Social life, recreation, children



What do I want?	How will it happen?	Who will help me?
For example: I want to have more friends	I need to get better social skills	My social worker will help me work on my anger management



How will I live?

Accommodation, transport, money, independence




What do I want?	How will it happen?	Who will help me?
For example: I want to live in a flat with friends	I need to get a good reference for the landlord	My work place supervisor



What work will I do?

Indoor, outdoor, alone, with people, flexible hours, location



What do I want?	How will it happen?	Who will help me?
For example: I want to work part time as a gardener	Do some work experience and get a reference	My case manager



What education and training do I need?

Preparing for life + work after school



What do I want?	How will it happen?	Who will help me?
For example: I want to do TAFE course in horticulture	Finish some SACE units and go to my work placement	My teachers, my case worker or my work supervisor

Ben's timetable example

Here is an example of a timetable. Look at this with your case manager before you make your own timetable on the next page.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before recess	At school at Yr 10 art with Ms Richards			My time for individual work, at home or can go to youth centre	Work placement all day
After recess	At school, work with Ms Richards and Mr Smith, maths and computing	Meet case manager at SYC	Anger management course at Learning Centre		
Afternoon	At school working on English and FLP	Activities with FLO with my case manager at youth centre	Art work	Second Story group Focus on smoking, drugs and alcohol	

Your timetable



Work with your case manager to write up your own timetable.

When you have finished, you will need to sign it. Your case manager and your school will sign it too. You can write the details in the wallet card at the end of this FLO plan.

If you change your timetable, ask your case manager for another copy.

This timetable is for (date):

	Monday	Tuesday	Wednesday	Thursday	Friday
Before recess					
After recess					
Afternoon					

Signature.....(young Person)

Signature.....(FLO Case manager)

Signature.....(School delegate)

Reviewing your Plan



Every term you will review your Flexible Learning Plan to make sure you are on track. Other people will help you to complete your review, such as your case manager and someone from your school

Your name:

Who else is at your review meeting:

.....

.....

.....

What have I achieved?		What worked?		
What didn't work and why?		What will we do differently?		
Have my goals changed?	Are there new barriers?	What else do I need?	Who else can help me?	When?

How would you grade yourself for this work? (circle your grade): A B C D

Leaving school checklist

(optional)



Work with your case manager and tick the boxes of things you have done.

I have	Community and education
	attended a career & lifestyle expo
	talked with an adult about my pathway options
	explored volunteer work options
	know what I need to complete to get into a TAFE course
	know about student support services offered by TAFE
	know about costs and financial support
	placed all copies of certificates and evidence of participation in transition portfolio
	talked to my school about leaving and filled in the paper work
	Work preparation
	completed my resume
	completed my transition portfolio
	organised references or referees
	done practice interviews
	learned how to write a job application and respond to job & person specifications
	found out about online career networks, for example Career One www.careerone.com.au

Wallet card

My contacts

Case manager

Name:

Phone number:

FLO coordinator

Name:

Phone number:

Other people

Name:

Phone number:

Name:

Phone number:

Name:

Phone number:

My FLO plan

My name: _____

This plan is for (date): _____

If I am sick or not able to attend, I need to phone someone from my contact list.

					Afternoon
					After recess
					Before recess
Friday	Thursday	Wednesday	Tuesday	Monday	